



What's on

Your guide to activities, clubs and events in the borough

See centre pages



Waltham Forest NEWS

Your Council keeping residents informed

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Issue 154

25 January 2016

WALTHAM FOREST HELPING YOU STAY HEALTHY AND ACTIVE, EVERYDAY



Dear Resident,

We want to do all we can to help you lead healthy and happy lives, which is why we continue to invest in our leisure facilities, support new and existing public health services and launch more schemes to enable you to stay active.

Whether you're receiving two months' worth of free vitamins to help give your newborn baby the best start in life, getting support giving up smoking or losing weight, or taking up an offer of a free health check if you're aged 40-74, we aim to look after residents of all ages.

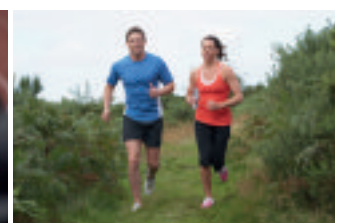
The work we do is wider than just health services, because we know that providing a range of sport and leisure opportunities and physical activities is vital to helping improve your wellbeing.

This year promises to be an exciting one, with the opening of the new Waltham Forest Leisure Centre, a new tennis programme this spring and the continuation of free fitness sessions in parks and open spaces as part of the Our Parks initiative.

It is our aim to ensure you have access to the health and wellbeing support you need. And this aim is not the Council's alone. On a daily basis, the local authority works with a range of partners, including Waltham Forest Clinical Commissioning Group, North East London NHS Foundation Trust, Healthwatch Waltham Forest and Whipps Cross Hospital and Barts Health NHS Trust – as well as local and national sport and activity organisations – who all help look after your health.

Over the page and on the back cover, you can find out about a selection of health and leisure services on offer in Waltham Forest to help improve your quality of life.

Cllr Ahsan Khan, Waltham Forest Council's Cabinet Member for Health and Wellbeing



WALTHAM FOREST... HELPING YOU STAY HEALTHY AND ACTIVE, EVERYDAY

HELPING YOU STAY HEALTHY AND ACTIVE EVERYDAY...

At NHS Waltham Forest Clinical Commissioning Group it's our job to buy many local healthcare services.

Local people must be at the centre of everything we do. It's only through listening to you and acting on what you tell us that we're able to make sure services are right for you.

We want to make sure you are as healthy as possible and, if you need help, are treated quickly. For this to happen you need to be given the right support to look after your own health.

Far too many people continue to end up in hospital, when, if they had been treated earlier they could have avoided becoming ill. We encourage you to think about how you can adopt a healthier lifestyle. Quitting smoking, eating healthily and exercising more will help prevent you ending up seriously ill in hospital. If you have been offered free cancer screening, please use it. If you have been feeling lonely or depressed, or if you or a relative has been showing signs of memory loss, talk to your GP about it.

If you would like get involved in shaping your local health services visit walthamforestccg.nhs.uk. Your input will make Waltham Forest an even healthier, happier place to live.

Dr Anwar Khan, local GP and Chair of NHS Waltham Forest CCG



CHILDREN AND YOUNG PEOPLE

The first few years of a child's life can determine the success they will have for the rest of their lives. It's essential to start well with parenting, early education, health and development – and there are many services in Waltham Forest that families with young children can access to help.

CHILDREN'S CENTRES

If you have a child aged under five, why not visit your local Children's Centre in 2016?

Waltham Forest Children's Centres offer fun activities and useful services to help your child stay healthy and develop well, such as early education and play sessions, health clinics and breastfeeding cafes.

Children's Centres are also a place where parents can get support and advice about anything ranging from employment to debt to just general parenting help.

Meet other parents and have fun with your child. Discover your local Children's Centre today! walthamforest.childrensservicedirectory.org.uk

FREE SWIMMING

Free swimming is available for all under-18s and in all of the borough's leisure centres with a pool, at any time!

See the back cover for more information on healthy eating and helping your children get more active.



WALTHAM FOREST PUBLIC HEALTH CHARTER

In 2015, Waltham Forest Council committed to doing all it can to help residents stay healthy and well through these six pledges.

Pledge	Achieved	Comment
Free vitamins for pregnant women and young children	✓	The local scheme has been handing out free vitamins to women and children since March. Thousands have been given out already
Every school and college has a named school nurse	✓	Every school has a named nurse, providing regular drop-in sessions
New services to help you achieve a healthy weight	✓	Free swimming lessons available, exercise classes on referral. More to come in 2016!
Free contraception and sexual health advice is accessible to those who need it	✓	Available across the borough in pharmacies, GPs and Whipps Cross Hospital
People with drug or alcohol problems get the support they need to make a healthy recovery	✓	Lifeline is our new service, offering face to face services to help people tackle their problems with drugs and alcohol
Residents aged 40–74 are invited to a free health check every five years	✓	Numbers of NHS health checks offered by GPs reached record numbers in 2015

WALTHAM FOREST... HELPING YOU STAY HEALTHY AND ACTIVE, EVERYDAY



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Issue 154 25 January 2016

Rogue landlords raided

Dawn raids see enforcement campaign hit rogue landlords hard, as the Council's landlord licensing scheme starts to show its teeth

On Thursday 21 January the Council launched an enforcement campaign that saw more than 30 Council officers and a team of police go through hundreds of doors in the south of the borough.

The aim of the day was to uncover rogue landlords who are shirking their responsibility to obtain a property licence and maintain appropriate conditions for their tenants. The day revealed some residents in the borough living in dangerous conditions, overcrowding and illegal activity.

Since the introduction of the Private Rented Property Licensing scheme last year, Waltham Forest Council has been working hard to help landlords understand the need to get a licence. The scheme requires all properties that are privately rented in the borough to be licenced, with a separate licence required for each and every property.

"So far we have issued 15,000 licences and are processing a further 2,000 applications, which shows that decent, responsible landlords understand the need to sign up," explained Cllr Khevy Limbajee, Cabinet Member for Housing.

"This recent operation should be a warning to all those rogue landlords refusing to obtain a licence, and abide by decent standards, that we are coming. Be under no illusions, this is the first of many enforcement days and so if you have not obtained a licence or are refusing to ensure your tenants are housed in appropriate conditions, you should expect the Council to be knocking on your door very soon."

Waltham Forest Council will be a flagship borough for improving conditions in the private rented sector and reducing anti-social behaviour through our Landlord Licensing scheme.



Council officers visited hundreds of properties in Leyton as part of a day of action

More info

To apply for your licence, visit www.walthamforest.gov.uk/prpl. As well as a link to the forms, there is also detail of the 'required information' and other details available. Free internet access is available at all libraries in the borough.



OPEN DAY

SATURDAY 6TH FEBRUARY 2016



SIR GEORGE MONOUX SIXTH FORM COLLEGE, WALTHAMSTOW. SEE BACK PAGE FOR MORE DETAILS!

Flying the rainbow flag



The rainbow flag will fly outside Waltham Forest Town Hall throughout February to mark LGBT History Month

■ Waltham Forest will mark LGBT History Month

■ There are also some special events planned for February

The Rainbow Flag will be raised at Waltham Forest Town Hall on Tuesday 2 February to mark the start of Lesbian, Gay, Bisexual and Transgender (LGBT) History Month.

The flag raising ceremony will take place at 1.30pm, and will be attended by Council Leader, Chris Robbins and Mayor of Waltham Forest, Saima Mahmud, as well as Councillors, community groups and Council officers. Residents are also urged to attend and show their support.

LGBT History Month was initiated in the UK in 2005 by an organisation called Schools Out, which campaigned for LGBT equality in

schools. The month gives everyone the opportunity to learn more about the histories of LGBT people in Great Britain and Northern Ireland.

Waltham Forest Council is now busy planning some special events as part of the celebrations, along with commissioned partner Salon Outré.

Keep an eye out for further information on LGBT History Month events in the next edition of Waltham Forest News.

More info

For more information on Council-run events visit **www.walthamforest.gov.uk/enjoylife** or follow **@wfcouncil** on Twitter.

In my opinion



Su Manning

Secretary of Waltham Forest Pensioner's Convention

The Waltham Forest Pensioner's Convention is affiliated to the National Pensioners Convention, which campaigns on all the issues that pensioners themselves consider important.

Firstly, we demand a decent state pension to lift pensioners out of poverty. Would you believe that the UK is ranked 32nd out of 34 leading nations in pension provision? Our other demands are; quality care for the elderly; oppose means testing benefits; defend public services against cuts; and last but not least, retaining the

much-valued Freedom Pass.

We are open to individuals but also to groups such as trade union retired member sections – in fact, to anyone over the age of 50. We are not party political, so we are able to lobby all political parties on behalf of pensioners.

Two years ago we persuaded the Council to adopt the Dignity Code which was launched in the House of Commons in 2012. The purpose of this code is to uphold the rights and maintain the personal dignity of older people – ensuring the health, safety and wellbeing of those less able to

care for themselves.

This code recognises that certain practices and actions are unacceptable to older people, for example treating older people as objects or speaking about them as though they were not there or refusing treatment on the grounds of age.

In effect, our group wants to work with the Council ensuring that wherever possible older people can use this Dignity Code to get better treatment if they are disrespected in any way.

It has to be remembered that

many people are now retiring earlier through sickness and stress or are long-term unemployed due to age discrimination. These people are very welcome within our group. For far too long older people have been scapegoated as bed-blockers, and enjoying all the benefits of the welfare state at the expense of younger generations.

These attitudes divide the young from the old. We think it should be decent pensions for all to enable people to look forward to a healthy retirement.

So come along to our local Dignity Day event which takes place from 2pm to 4pm on Monday 1 February, at St. Gabriel's Church Hall, Havant Road, E17 3JF.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 350 words; Waltham Forest News wants to hear from you. Email walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

Contact Waltham Forest Council:

Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny Singh

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

Advertising and promotional enquiries:

Mica Marshall 020 8496 3000 (press 6)
advertisingwfn@walthamforest.gov.uk

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Gallery ready for 2016

The award-winning William Morris Gallery is gearing up to host a new exhibition on African textiles.

Social Fabric: African Textiles Today, which goes on display at the Gallery (Forest Road, E17 4PP) on Saturday 20 February, aims to uncover the links between the textiles of eastern and southern Africa and life in the region.

It will explore how the printed and factory-woven textiles mirror the changing times, fashions and tastes in this part of the world. Bringing together Kenyan and Tanzanian kanga and South African shweshwe

from the British Museum's collection, the exhibition reveals how these fabrics express the social, political, religious, emotional and even sexual concerns of the people who wear them. It will also showcase contemporary art and fashion inspired by these textile traditions.

Curator at the Council-run William Morris Gallery, Rowan Bain, said: "William Morris understood the importance of textiles to political and cultural life. Through his designs and revival of traditional craft practice, he wanted to reform the decorative arts and bring about

social change. It is therefore fitting that this exhibition of African textiles be shown at the William Morris Gallery, encouraging visitors to explore how textiles communicate ideas and values."

Later this year, the William Morris Gallery is to host a landmark conference presenting important new insights into the career of leading arts and crafts designer May Morris, the younger daughter of William and Jane Morris.

The event, which marks 30 years since the publication of Jan Marsh's seminal biography, Jane and May Morris – A Biographical Story, will

bring together new research on May's life and work from curators, academics and independent scholars. The conclusions of the conference, which is open to residents as well as academics and professionals, will inform a major new exhibition of May Morris's work at the William Morris Gallery in 2017.

More info

Keep up to date with the latest news from the Gallery by visiting www.wmgallery.org.uk or follow @WMGallery on Twitter.

In brief



Waltham Forest Housing tenants and leaseholders are urged to take part in a consultation

Housing consultation

Waltham Forest Housing tenants and leaseholders are being asked to take part in a consultation about proposed changes to housing standards. All Council housing stock was brought up to the national Decent Homes Standard in 2012, and around 35 per cent now meets an enhanced status, known as the Waltham Forest Standard. By the end of the 2014/15 financial year, 50 per cent of homes will meet the Waltham Forest Standard. However, with the government telling councils and housing associations to reduce rents by 1 per cent a year for the next four years, it may be necessary for the Council to temporarily reduce investment in the Waltham Forest Standard, to avoid a budget shortfall. Work will still be carried out to make sure that all homes continue to meet the national Decent Homes Standard. Investment in the form of estate improvements, drainage programs, lift replacements and door entry systems will still take place. The consultation is open to Waltham Forest Housing tenants and leaseholders. It ends on Monday 29 February, so make sure you respond.

• **For more information, and to complete the survey, visit www.walthamforest.gov.uk/housing. You can also email any comments about the consultation to engagement@walthamforest.gov.uk.**

Bob Wheatley

The Council was saddened to hear of the death of former Liberal Democrat councillor, Bob Wheatley, who passed away in hospital on 30 December 2015, aged 88. Bob had been a proud Walthamstow resident since 1962, when he moved to the borough and took up window cleaning. He had previously been a member of the Merchant Navy. Bob was first elected as a councillor in 1987, and gave more than twenty years' service to the community, including serving as Mayor of Waltham Forest from 1996-97.

Helping victims of abuse



Housing officers will be given specialist training to help victims of domestic violence

Efforts to provide refuge to domestic violence victims have been boosted after Waltham Forest Council secured £90,000 to prevent homelessness and to improve emergency accommodation for those fleeing an abusive environment.

The funding will be used to upgrade three Council-owned residential buildings into more suitable accommodation for victims and their children, who are escaping

from domestic violence.

Improvements will include better emergency bed space in the temporary housing, offering safe spaces and generally improving the experience of families who have been forced to present themselves as homeless due to domestic violence. There will also be upgrades to security features, such as CCTV and alarm systems, and general improvements to the look and feel of the properties.

The money will also be used to strengthen the support available to domestic violence victims by giving specialist training to housing officers. As a result, housing support workers tasked with supporting women and children in temporary accommodation will be better equipped to help them rebuild their lives and resettlement, including helping them establish local support networks and assisting them to enrol their children in local schools. This

specialist service will complement the work already being undertaken in Waltham Forest to refine and improve domestic violence services.

Cllr Liaquat Ali MBE JP, Cabinet Member for Community Safety and Cohesion, said: "Securing this funding represents the latest step forward in our ongoing efforts to combat abuse and help safeguard victims.

"We're very clear that abuse in any form cannot and will not be condoned in Waltham Forest. We're committed to working with the police and other local partners to take action against perpetrators and protect those at risk of harm.

"I hope that the housing improvements we're making, along with the increased level of support our housing officers will be able to provide, will offer some degree of comfort to anyone fleeing domestic violence."

The £90,000 funding was awarded to the Council by the Department for Communities and Local Government following a successful bid from Waltham Forest's housing solutions and community safety teams.

More info

To speak to police in an emergency, phone 999. In a non-emergency situation, or if you suspect criminal activity may be taking place, you can report it to police by phoning 101. To learn about the work of the Council's community safety team visit www.walthamforest.gov.uk/community-safety.

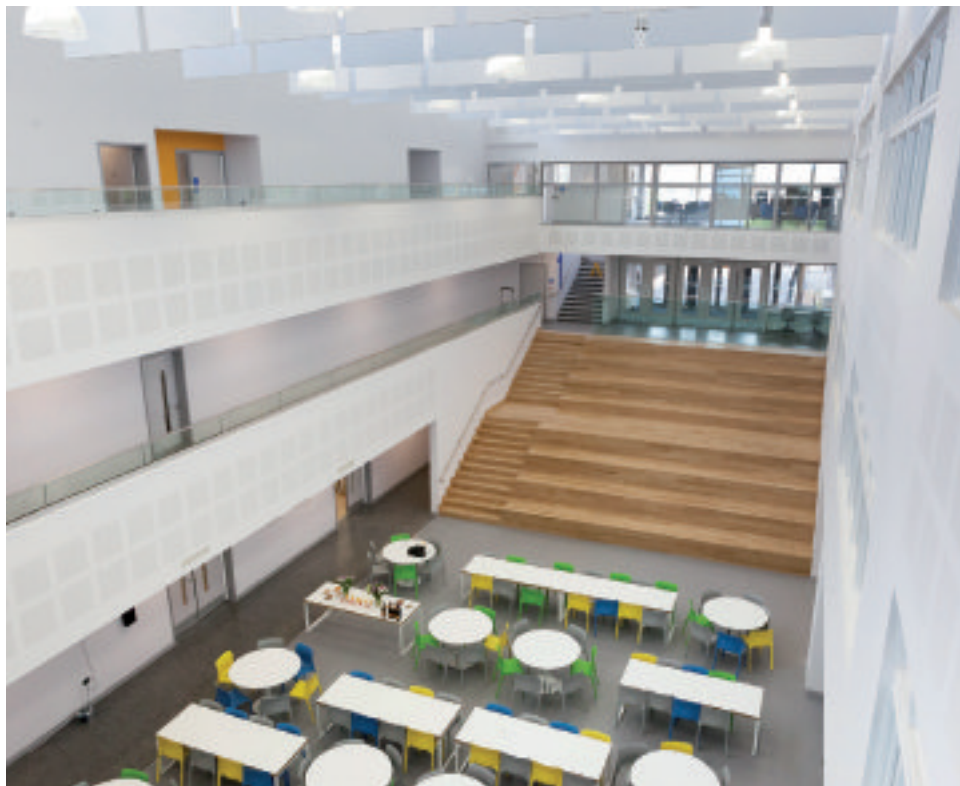
4 Priorities

Looking after Waltham Forest residents

Each one of our four priorities and commitments to residents shares a common strand – and that is to do all we can to help safeguard the people of Waltham Forest



Tackling violence against women and girls, introducing a private rented property licensing scheme and building first-rate new schools are all ways in which the Council is looking after residents' wellbeing



This could be finding a loving home for a vulnerable young person in need of care, or putting on social and interactive activities for residents suffering from dementia. But it could also mean looking after the wellbeing of residents in other ways, such as building new Council homes for local people in employment, improving our town centres so they have the quality mix of shops and services that you want or simply by organising events that bring the community together in celebration. Here, we look at some of the ways the Council's priorities are looking after you.

Staying safe

Like you, we want to do all we can to ensure our streets are safe. We work closely with local partners, including Waltham Forest Police, to protect the community from harm.

We've made significant steps forward over the past year to tackle violence against women and girls. Our successful campaign to raise awareness of, and educate businesses and professionals about how to spot suspected incidents of child sexual exploitation has

been adopted by boroughs across London.

In partnership with the police, last summer we opened a one-stop-shop for victims of domestic violence to seek support – and recently secured Government funding to improve emergency housing for families fleeing abuse.

Last year also saw a leading local campaigner against female genital mutilation (FGM), Hilbo Wardere, join our community safety team. Since then, her work in schools educating and empowering young people has been well received by local children and parents – while also attracting interest from other areas across the country.

And further to these approaches to community safety, we're also working hard to help people feel safer by doing all we can to keep neighbourhoods clean. Whether it's by providing neighbourhood officers who work with the community to keep your streets clean, by continuing to collect your bins every week, providing a free bulky waste service or prosecuting fly-tippers.

Help with housing

Your living arrangements can

have a huge impact on your health, which is why we're committed to supporting affordable housing for everyone's needs.

Last year, we launched a private sector landlord licensing scheme to ensure tenants are housed in good conditions. Improving standards for residents will in turn make the area better for those who live around rented properties.

With the scheme now up and running we are now turning greater attention to enforcement action. A series of operations to crackdown on rogue landlords trying to buck the system are planned throughout the coming year.

We recently took back management of 12,221 homes from Ascham Homes, our former arms-length management organisation, in a move that will save more than £300,000 a year. This money will be reinvested back into the housing services that the borough's 10,244 tenants and 1,977 leaseholders currently receive.

By 2020 we have ambitious plans to see 12,000 new Council, private and affordable homes built across the borough – significantly

exceeding the Mayor of London's housing targets. And we're supporting the creation of more specialist houses, which allow older residents to stay in a home of their own with the support they need to be independent.

Better borough

We continue to look at how we can build an even better borough, with a strong local economy and thriving town centres – all the while helping you enjoy a good quality life.

Last month saw another successful 'Small Business Saturday' event held across the borough, which encouraged residents and visitors to support local independent businesses – and generally discover the eclectic range of shops that make our town centres so vibrant.

We want residents of all ages to enjoy life in Waltham Forest. Young families looking to put down roots can rest assured that we are doing what we can to look after their future. We're creating more places at primary and secondary schools – and to-date have secured more than 7,000 additional school places since 2010.

Under 18s, over 60s and those with a disability can also take advantage of free swimming at any one of our three leisure centres with a pool.

Through our short break service, disabled children are offered the chance to spend time away from their carers, to try out new things, and have fun and make new friends. Short breaks can also provide families with a chance to have a break from their caring responsibilities and to do ordinary things together.

Meanwhile, we continue to fund the Freedom Pass scheme for older residents, as well as providing them with a range of activities and support.

And on top of all this, we support an extensive arts and events programme, creating regular opportunities for the community to come together in celebration.

More info

For more information, visit www.walthamforest.gov.uk/priorities. Free internet access is available at Waltham Forest Libraries.

What you say

Residents tell Waltham Forest News what they think about the Council's efforts to keep residents safe and healthy in everything it does



Steven Burt, Leyton



Andreas Kalis, Chingford



Tomasz Moneuszko, Walthamstow



Hannah Voller, Walthamstow

"I think the work the Council does in relation to violence against women is good. I also believe that more housing does need to be built, as it is currently very difficult to get onto the housing ladder. But you need to be careful not to overdevelop."

"There is a need for new homes to be built in the borough, but I think it is also a real shame that there are so many empty properties. The Council should be doing something to bring those back into use too."

"I rent a property at The Scene and obviously being a new build it is very nice, but prices are high and it is tough to save a deposit for a place of our own. I think there is a need for more housing in the borough to meet the demand."

"My baby is only two weeks old, so I am not too concerned about school places yet, but I have been checking out nursery provision. I think it is important to build more homes in the borough, but the infrastructure and facilities also need to be built to support them."

Our core duty is to keep vulnerable adults and children safe and healthy, ensuring that they have dignity and choice in their lives. This crosses all responsibilities and services.



Family

Priority: **Help all of our residents enjoy a good quality of life**



Housing

Priority: **We will support affordable housing for everyone's needs**



Clean and safe

Priority: **We will keep your neighbourhood clean and safe**



Local economy

Priority: **We will help build a strong local economy and thriving town centres**

In brief



The new cycle shed at Wood Street Station

Cycle shed

A new cycle shed was opened at Wood Street Station on Thursday 14 January. It's the third shed to open as part of the Mini-Holland programme that is seeing £27million invested in improving the borough. This is the first time there has been a cycle shed on this site, and it will help those local residents who cycle to the station to commute into central London. Why not get on the train a stop before Walthamstow and take the chance to get a little extra exercise each day?

• For more information, visit www.enjoywalthamforest.co.uk, or email miniolland@walthamforest.gov.uk.

Bigbelly bins

Bigbelly bins are coming to Waltham Forest, with trials planned for their installation outside The Scene in Walthamstow and on Church Lane in Leytonstone. Bigbelly bins are described as a 'smart waste and recycling system'. They crush the waste so they don't need to be emptied as often and then they send the Council an email when they are full. Collecting both refuse and recycling, the bins are the most modern way of collecting rubbish.

• To find out more about what you can recycle, visit www.walthamforest.gov.uk/rubbish-recycling. Follow the council on Twitter @wfcouncil.

Pavement cycling fines

You are more likely to be fined for cycling on the pavement in Waltham Forest than you are virtually anywhere else in the capital. New figures released by the Metropolitan Police reveal that apart from Southwark, Waltham Forest officers handed out the highest number of fines to people caught cycling on the pavement. Waltham Forest Council's Mini-Holland scheme aims to make it safer for both pedestrians and cyclists to get about the borough.

• For more information, visit www.enjoywalthamforest.co.uk or email miniolland@walthamforest.gov.uk.



A van used for fly-tipping was crushed by the Council last year

Hitting fly-tippers hard

- New Council campaign aims to focus attention on catching fly-tippers
- CCTV surveillance to be employed at hotspots to identify criminals

The ongoing drive from Waltham Forest Council to hammer down hard on enviro-crime has got a new focus with a fly-tipping campaign launched to go even further in eradicating this anti-social practice.

The Council understands the impact fly-tipping can have on communities and the environment, and has waged a war on fly-tippers for a number of years. Incidents of fly-tipping in the borough have reduced by a third, and Waltham Forest is one of the most active enforcers of all London boroughs.

In November last year the Council embarked on a nine month trial, employing four Environmental Enforcement Officers and one Team Manager from NSL – the contractor that already provides parking services to the borough.

"By having NSL officers address low level enviro-crimes we can free up the time for our Council officers to target more complex issues like fly-tipping, where we need to spend time gathering evidence,"

explained Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"This new campaign will look to use innovative solutions to identify fly-tippers, target hotspots and build on our existing knowledge to investigate and hunt down those responsible."

Last year Waltham Forest became one of the first Councils in London to utilise new powers allowing them to crush vehicles that have been seized because they have been identified as being used for fly-tipping.

A van, which was used to fly-tip building waste in Walthamstow over the summer, was crushed following a conviction that saw the offender given a six-week suspended prison sentence.

The Council spends £1.5million a year clearing up fly-tipping, so there is a significant financial incentive to put a stop to it too. "One of the things we invest in to try to discourage fly-tipping is our large item collection scheme," explained

Cllr Loakes.

"Unlike the vast majority of London Councils our scheme is free to residents and allows the collection of up to five items a week, every week of the year. As a result we carry out more than 25,000 large item collections from homes every year. We also have three Household Waste and Recycling Centres across Waltham Forest. There is simply no excuse!"

An action plan drawn up to ensure the new campaign has the desired affect includes daily monitoring of hotspots; the use of two covert CCTV cameras; all fly-tips recorded on a new online digital system and searched for evidence of where it may have come from.

The Council will also continue to lead the lobby of Parliament for low level fly-tipping Fixed Penalty Notices (FPNs) to be brought into law. "Government must allow local authorities to use an FPN of £500 for low level one-off offences of fly-tipping," said Cllr Loakes.

"We know that a great many fly-tips are one-off, spur of the moment, irresponsible criminal acts and for those people it will be much more beneficial to simply fine them on the spot as a short sharp shock."

"The fine will also allow us to cover the cost of the collection and disposal of fly-tips and avoid having to take expensive court action that may only result in a caution, leaving responsible, law-abiding council taxpayers subsidising and footing the bill."

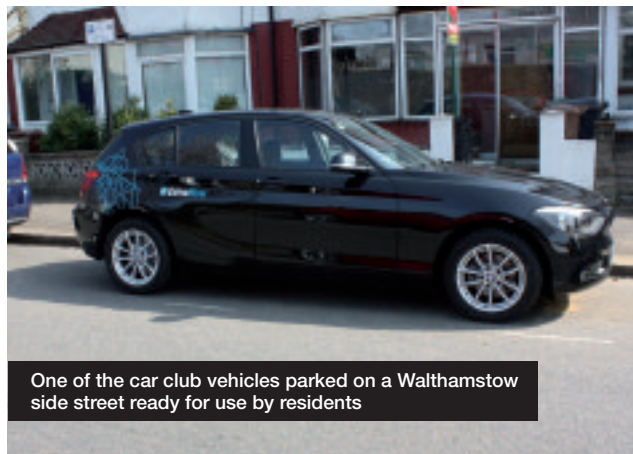
The new campaign will also see Council officers continuing to work in partnership with neighbouring boroughs to share intelligence and identify perpetrators, so that the potential for their problems to be displaced in our borough (or vice versa) does not occur.

More info

To report fly-tipping, or to book a bulky waste collection, visit www.walthamforest.gov.uk/mystreet. Follow the Council on Twitter @wfcouncil.

Join the car club

- Numbers of car club members in Waltham Forest jumps by 60 per cent in a year
- Council looks to build on success by allowing more car club vehicles in borough



One of the car club vehicles parked on a Walthamstow side street ready for use by residents

Car clubs are becoming ever-more popular in the borough, with the number of Waltham Forest car club members up by around 60 per cent over the past year.

Last year saw the introduction of a new car club to the borough, with 67 BMW and Mini vehicles made available to rent via DriveNow, including 30 electric BMW i3 cars.

The service has the unique feature of allowing drivers to leave its vehicles anywhere in our borough or in Haringey, Hackney and Islington when they are finished using them. The scheme means that drivers don't even have to use a designated parking bay and have access to 300 vehicles across the four boroughs.

DriveNow has made a marked impact on the numbers of residents

choosing to use car clubs, although the upward trend can also be seen with the borough's fixed-bay car club, Zipcar. This has seen a 20 per cent increase in use over the last year.

Zipcar offers a round-trip, or bay-based system that means cars and vans are parked in designated bays that they need to be returned to. Zipcar and DriveNow have over 4,000 members in the borough.

"It shows that people have really cottoned onto the benefits of car clubs and that our investment in them was a wise one," said Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"The flexibility they offer is brilliant for those people who need to use a car once in a while, but don't need all the stress and hassle of buying one, servicing it, insuring it and so on."

Using a car club can also help you save money. If you drive less than 6,000 to 8,000 miles per year, giving up your car and switching to a car club saves on average £3,500

a year.

For every car club vehicle introduced, it is estimated that 20 private vehicles are taken off the road, making more parking space for everyone. Plus residents and business that are less reliant on private vehicles use them more sparingly, easing local traffic congestion.

Because of the success, the Council has agreed to allow Zipcar to expand from 37 borough vehicles to 45. The funding for the eight new bays has been sourced from so-called 'Section 106' payments that developers are obliged to make towards improvements in infrastructure in the local area.

More info

To register to use one of the DriveNow cars, visit www.drive-now.com and for Zipcar visit www.zipcar.co.uk. To find out more about car clubs in the borough visit the Council's website www.walthamforest.gov.uk/carclubs.

In brief



Offenders cleaning up Skeltons Lane Park, Leyton

Park Payback

Offenders on the Community Payback scheme helped to clean-up Skeltons Lane Park in Leyton on Tuesday 12 January. In addition to the Payback offenders, police, Council officers and Council contractors Urbaser, who keep streets and parks clean in the borough, joined in the clean-up. Around 25 people in all helped paint railings and generally clean up the grounds. It represents the start of a series of improvements to the park that will see the playground equipment improved and new planting schemes throughout the park.

• If you would like to nominate an area near you that might benefit from work being carried out by the Community Payback scheme email nominations@london.cp.gsi.gov.uk.

Mobile Catering Services required for Parks

Waltham Forest has aspirations for its parks to become even more vibrant, well used community facilities, where people visit more frequently and stay longer as part of our commitment to help improve quality of life for residents.



To support this we are looking to attract a high quality mobile catering offer in selected parks and green spaces.

If you are interested or would like to find out more please email ben.freearson@walthamforest.gov.uk or telephone 020 8496 2606

Please confirm your interest by 12noon on Monday 8 February 2016



Keep up to date with the latest news in Waltham Forest

If you want to be kept informed of the latest council news, events, service changes and consultations, sign up to Waltham Forest Council e-news online at www.walthamforest.gov.uk/enews



Sports and fitness

Zumba Fitness with Michelle

Mondays, 7.30pm

The Vestry Hall, The Green, E4 7ER

Wednesdays, 1pm

St Edmunds Church Hall, 216 Chingford Mount Road, E4 8JL

Thursdays, 8pm

Chingford Congregational Church, Chingford Mount Road, E4 8LT

All welcome, and all classes are pay as you go at £5 per class or £20 for five classes.

For more info, phone Michelle on 07869 128 186.

Free Karate for All

Tuesdays and Fridays, 6–7pm

Frederick Bremer School, Siddeley Road, E17 4EY

Sundays, 12noon to 1pm

Chingford Leisure Centre, New Road, E4 9EY

Tuesdays and Thursdays, 6.15 to 7.15pm

The Peter May Sports Centre, 135 Wadham Road, E17 4HR

Join us for a free trial Karate class at one of the three locations above. Everyone is welcome. **For more information, visit www.karate-london.co.uk or phone 01992 768 664.**



Waltham Forest Reiki Project

Tuesday 2 February, 7–9pm

18A Orford Road, E17 9LN

Reiki is a form of healing that works with the life force energy that flows through all living things. When one's energy is free flowing without blocks one is in balance physically, emotionally and mentally. Donations go towards room hire and tea/coffee and project expenses and there are walk in spots. Have an open mind, come along and see what we can do for you. Let's start 2016 on a healing note. **For more information, email walthamforestreikiproject@gmail.com.**

Total Body Toning

Tuesdays, 7.30–8.30pm

North Chingford Methodist Church, Station Road, E4 7BJ

An uplifting full body resistance workout to tone, strengthen and burn calories. Includes use of weights, Bodybars,

Gliding discs, rubber tubing, followed by a floorwork and stretching section. Taught to motivating music. First class free, then £27 per month. Phone 07956 695 077 to book your space. **For more information, email lucilla@onestopfitness.co.uk or visit www.onestopfitness.co.uk.**

Zumba with Zoe

Wednesdays, 7.30pm

The Cornerstone Centre, 149 Canterbury Road, E10 6EH

Classes are great fun, an excellent way to keep fit, lose weight and every class feels like a party. Zumba is your opportunity to express yourself and unleash your 'Latin within'! £5 per class. **For more information, email info@zumbazoe.co.uk or visit www.zumbazoe.co.uk.**

General Level Pilates

Thursdays, 7–8pm

Leyton Parish Church Hall, Lindley Road, E10 5PY

Drop-in Pilates classes for all, £10 per session or buy 10 classes in advance and get one free. Mats and small equipment provided. Pilates can improve your strength, flexibility, balance, co-ordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 15 years' experience of studio and mat work. Absolute beginners and newcomers contact me first, please. **For more information, email alison.bray@gmail.com or visit www.abpilates.co.uk.**

Drop in Donation Yoga

Wednesdays, 11am–12.15pm and

Saturdays, 10.30–11.45am

United Reformed Church, 58 Orford Road, E17 9QL

Increase your flexibility, build strength and stamina along with breath techniques to ease anxiety and generally feel at home in your body. A friendly, mixed-level class with an experienced teacher where you pay what you can afford. **For more information, phone Sarah on 07815 120 792 or visit www.yoyoga.co.uk.**

Yoga for Pregnancy

Saturdays, 9–10am

United Reformed Church, 58 Orford Road, E17 9QL

Practising yoga postures to ease pregnancy aches as well as building up strength and stamina in preparation for your birth. Learn how to use the breath as a tool for labour and meet other mums at these friendly local classes, and stay for tea and cake after the class! **For more information, phone Sarah on 07815 120 792 or see www.yoyoga.co.uk.**

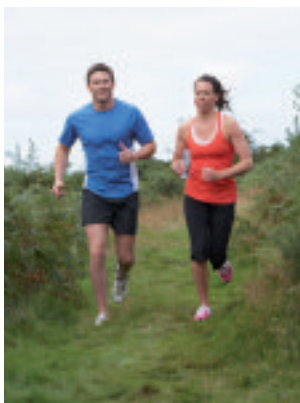
Fight Klub Beat Box

Mondays, 8–9pm

Paradox Centre, 3 Ching Way, E4 8YE

Fight Klub Combat Fitness workout to music boxing techniques and aerobic exercise. It's fun, effective, easy to follow and suitable for men and women. Bring gloves, water and a towel. £5 per session.

For more information, phone Jam'up Fitness on 07572 441 324 or visit www.fightklub.co.uk.



Love2Run with Eton Manor AC

Mondays from 18 January, 6.30pm

Waltham Forest Athletics Ground, access behind the Town Hall across Chestnuts Field, E17 5AA

Thursdays, 7.30pm

The Clubhouse, Marsh Lane, E10 7BL This is a nine week beginners' running course which will take you from no running to jogging or running 5km, with the target being a 5km Parkrun at Hackney Marshes. All sessions are led by qualified run leaders in a safe and social environment. **For more information, please email etonmanorac2013@gmail.com.**

Gentle Yoga

Mondays, 6–7pm

The Mill, 7 – 11 Coppermill Lane, E17 7HA

Gentle yoga class, great for beginners, health issues, newbies, or anyone wanting a small, friendly relaxing yoga class. We learn simple physical poses to improve posture and general physical and mental well-being, with a calming relaxation to finish. Every Monday 6 – 7pm £10 drop in or £9 with a loyalty card, £5 concessions. Private one to ones available. **For more information, and to book a place, email josettayoga@hotmail.co.uk or phone/text 07554 440 499.**

Ashtanga Yoga

Fridays, 9.45–11.15am

Quaker Meeting House, 1a Jewel Road, E17 74QU

Fast flowing dynamic yoga class for emotional and physical wellbeing. Great for increasing fitness, flexibility and balance, with calming relaxation to finish. Please bring a yoga mat. Term time only. £12 drop in, £11 with a loyalty card or £5 for concessions. Private lessons available. **For more information, and to book a place, email josettayoga@hotmail.co.uk or phone/text 07554 440 499.**

Women's Morris Dancing For Beginners

Wednesday 3 February, 8–10pm

St Gabriel's Family Centre, Havant Road, E17 3JF

Blackhorse and Standard Women's Morris Dancers invite you to join our beginners evening. A fun and friendly way of keeping fit whilst learning traditional English Morris dancing. No experience necessary, just come along and have a go. Musicians

(male or female) also welcome. First term free to new members. **For more information, phone 020 8527 2926 or visit www.blackhorseandstandard.org.uk.**

Ladies Tap Dancing Classes

Thursdays from 12.15pm

St Edmund's Church Small Hall, Larkswood Road, E4 9DS

Beginners' classes start at 12.15pm, with improver's sessions from 12.30pm.

Classes are also available on Tuesday evenings. £4 per person, per class. **For more information phone Mandy on 07976 786 404 or 01992 524681.**

Clubs and community

Free ESOL Family Reading

Every Saturday, 10.30–11.30am

South Chingford Community Library,

265 Chingford Mount Road, E4 8LP

Want to spend quality time with your children and improve your English at the same time? Come along to the new ESOL family reading group. **For more information, phone 020 8529 3035 or email lingard.jo@gmail.com.**

Affordable Psychotherapy in English and Spanish

Monday to Friday, 9am to 8pm

Close to St James Street Station, Walthamstow

Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions available for students, unwaged and retired people.

For further information, phone Valeria Bonfiglio on 07912 887 588, email info@valeriabonfiglio.co.uk or visit www.valeriabonfiglio.co.uk.

Open Day and Fundraising Sale

Saturday 20 February, 11am–3pm

Age UK Waltham Forest, Waltham Forest Resource Hub, 58 Hall Lane, E4 8EU

Grab a bargain and help us to raise funds for our work in Waltham Forest. There are hundreds of books, DVDs and CDs for sale. There's a bake sale with homemade cream teas and cakes, handcrafted blankets, cuddly toys and more. Age UK provides services such as befriending, computer classes, information and advice to help older adults maximise their income, plus much more. Come along and find out more! Free entry. **If you have items you would like to donate to the sale, please phone 020 8558 5512.**

Disaster relief fundraiser – show and dance

Friday 11 March, doors 7pm

Chingford Assembly Hall, Station Road, E4 7EN

Join us at the Waltham Forest Twinning Association's fundraiser in response to the devastation caused by Tropical Storm Erika in Dominica on 27 August 2015. You will be entertained by a superb collection of local and international artists and it's for everyone! Tickets cost £15 in advance, reserve your tickets today. **For more information please phone Merv Caesar-John on 07732 332 814 or email wftwinningassociation@gmail.com.**

Grand Easter Quiz

Saturday 5 March, 7.30pm

Mornington Hall, The Green Walk, E4 7EN

CADOS presents this fun quiz. Tables of 8 or book individually and we will find you a team. Sumptuous buffet with veggie options and delicious desserts. Tickets cost £10, including food. **To buy tickets, visit www.cados.biz or phone 020 8524 4380.**

Table Top Sale

Saturday 20 February, 10am

Ryan Hall, St Edmund's Church, Larkswood Road, E4 9DS

A table top sale in aid of the parish magazine 'Outreach'. Tables are available at £8 per six foot table. Payable in advance. Cheques payable to St Edmunds. **To reserve a table, please phone Christine or Andrew on 020 8524 8729 or email church@stedmund.freeseerve.co.uk.**



Culture and crafts

E17 Jazz

Tuesday 23 Feb, 8.30–10.30pm

Gnome House, 7 Blackhorse Lane, E17 6DS

The award winning E17 Jazz Collective presents concerts on the last Tuesday of each month featuring local musicians of national renown plus exciting guest stars in a relaxed jazz club setting". Entry costs £8 or £5 for concessions. **For more information, visit www.e17jazz.com/whatson.**

Rod Pooley Electronic Keyboard Concert

Wednesday 10 February, 7.50pm

(doors open 7.15pm)

Wanstead Library, Spratt Hall Road, Wanstead E11 2RQ

Come along and listen to the talented

Rod Pooley playing a variety of music from shows, TV, old, new, and classical to 'Big Band', in fact a variety of music to cater for all tastes. The concert is enhanced by way of projection equipment. There are refreshments and raffle in the interval; entrance cost at the door is £7 for Adults and £1 for under 16s. **For more information, phone Derek on 020 8530 3717 or visit www.organford.co.uk/clubs/eastlondon.html.**

Waltham Forest Community Choir

Every Monday, 7.30–9.30pm

St Mary's Church, Church End, E17 9RJ
We are a self-funded group open to anyone living or working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire is diverse, and includes classical, traditional, folk and popular styles. £50 per term. Currently seeking to recruit Tenors and Basses. **For more information, visit www.singwithus.net, email members@singwithus.net or phone 07954 740 745.**

Closet Vinyl – Love for the B-Sides

Saturday 6 February, from 8pm

The Northcote Arms, 110 Grove Green Road, E11 4EL
A wonderful free evening of music and dancing to the songs you provide. We'll only know the DJ's when you turn up with your vinyl records. Record decks, equipment and tuition provided by us. Find – Bring – Play – Dance. **For more info please email closetvinyl@gmail.com or visit www.closetvinyl.com.**

Five String Banjo Classes

Mondays, 6.30pm

Quaker Meeting House, Jewel Road, E17 4QU
New absolute beginners class to start in January. Places available in other classes for improvers and intermediate levels. Professional musician, Dick Smith, teaches five-string Banjo classes in three finger bluegrass style picking. Start from scratch or develop your banjo skills in a relaxed and fun environment. £12 per class, when paid in advance by the term. Limited availability, so book now. **For more information, phone 07745 052 525 or email info.banjosmith@gmail.com.**

Ukulele Classes

Saturdays, 1pm

Quaker Meeting House, Jewel Road, E17 4QU
New absolute beginner's ukulele classes for adults. Places available in other classes for improvers and intermediate levels. Try the ukulele with an experienced, professional musician in a fun and relaxed environment. Instruments not provided. £10 per class, when paid in advance by the term. Limited availability, so book now. **For more information, phone 07745 052 525 or email info.banjosmith@gmail.com.**



Piano Lessons in E17

Saturdays

City Sound office, 367 Chingford Road, E17 5AE
One-to-one lessons for adults and children aged four and over. Preparation for exams, music theory, improvisation, composition, playing by ear, classical, jazz, pop/rock styles. All levels including beginners are welcomed. £30 for 1 hour lesson, £15 for a half hour. Classes are limited so advance booking is required. **For more information phone Nina on 07770 306 434 or email e17ninapiano@gmail.com.**

Strung Out Violin Groups

Tuesday and Thursday evenings

The Quaker Meeting House, 1a Jewel Road, E17 4QU
Got a violin in your attic you want to dust down? Fancy learning a new skill? Our motto is "it's never too late!" Strung Out is a fun violin group for adult enthusiasts of all levels, with a professional musician. All styles of music welcomed from classical to traditional. Classes available for improvers, early stages and intermediates. Classes are limited, so please book in advance. **For more information, and to reserve a place, email strungout@shapeshifter-productions.com or phone 020 7018 2927.**

Forest Recorded Music Society

Friday 29 January and Friday 12 February, 7.30–9.50pm

All Saints Church Hall, Church Avenue, Highams Park, E4 9QD
A friendly group, which meets every fortnight on Friday evenings to listen to programmes of classical and light classical music chosen by members. New members are always welcome. **For more information, phone 020 8531 2938 or 020 8531 5695.**

Children and young people

Avola Dance Academy

Days and times vary

Shern Hall Methodist Church, Shernhall Street, E17 9HX
Ballet, tap and freestyle dance classes for

school age children. IDTA qualified teacher. **For more information, phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.**

Melody Movement

Friday mornings

Shern Hall Methodist Church, Shernhall Street, E17 9HX
The only Melody Movement school in Waltham Forest, offering dance and movement from age two. Sessions include dance, movement, dressing up and music. Collect stickers to complete a work card, on completion of 12 lessons, a medal is received. £5 per week. Phone now to book a place, as numbers are limited. **For more information, phone Nicola on 07814 781 642 or email avoladance@hotmail.co.uk.**

Little Edmundos

Every Wednesday, 10–11.15am

St Edmund's Church, Larkswood Road, E4 9DS
Friendly atmosphere for children under five and their parents and carers. For those who like fun, crafts, songs and stories. **For more information, email littleedmundos@gmail.com.**

Acting Bugs

Mondays, 1.50–3.30pm and Fridays, 9.15am–12noon

St John's Church Hall, High Road Leytonstone, E11 1HH
Fridays, 9.15am–12noon
The Peterhouse Centre, 122 Forest Rise, E17 3PW
Acting Bugs and Diddy Bugs are interactive drama groups for preschool children led by local TV actress and mum, Sam Seager, introducing preschool children and toddlers to the world of drama in a fun and playful way, inspiring young imaginations through the use of storytelling, movement, music, puppets and bubbles. The sessions will get your little ones imagination buzzing, help develop focus and build confidence in a friendly and safe environment. Parents stay with their children through the session. Numbers strictly limited, so please email to book your free taster session. **For more information, email info@actingbugs.co.uk or visit www.actingbugs.co.uk.**

Star Wars and Frozen Disco Party

Friday 12 February, 5–8pm

Chingford Assembly Hall, The Green, Station Road, E4 7EN
A fancy dress party and disco, for children aged four to 11 years. Younger children are welcome, but will still need a ticket. Come and meet Darth Vader and Elsa and enjoy kids' entertainer 'Bob's Your Uncle'. There will also be musical games, and on sale will be BBQ food, refreshments, Star Wars and Frozen toys, kids' tombola, face painting, sweets and glow sticks. There is a licensed bar for adults, and relevant stallholders are wanted. Tickets cost £7 for children and £5 for adults, and must be pre-booked. All children must be accompanied by an adult. Light sabres are not permitted at the event. **To buy tickets in advance, or for**

any other information, phone 020 8559 4500, email irenebull@hotmail.co.uk or visit www.chingfordvillagefestival.info.

Community Ward Forums

High Street

Tuesday 26 January, 7–9pm

The Limes Community and Children's Centre, 6 Somers Road, E17 6RX

Forest

Wednesday 27 January, 7–9pm

Belmont Park School, 101 Leyton Green Road, E10 6DB

William Morris

Tuesday 2 February, 6.30–8pm

William Morris Community Centre, 6–8 Greenleaf Road, E17 6QQ

Hatch Lane

Thursday 4 February, 7–9pm

All Saints' Church, Church Avenue, Highams Park, E4 9QD

Higham Hill

Monday 8 February, 7–9pm

Higham Hill Hub, Higham Hill Park, Hecham Close, E17 5QT

Larkswood and Valley

Monday 8 February, 7–9pm

Chingford South Community Library, 265 Chingford Mount Road, E4 8LP

Council Meetings

Tuesday 26 January

Cabinet, 2pm

Wednesday 27 January

Health Scrutiny Committee

Tuesday 2 February

Planning Committee, 7pm

Wednesday 3 February

Education Scrutiny Committee

All meetings are held at Waltham Forest Town Hall and start at 7.30pm, unless stated otherwise. Dates and times are subject to change.



Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

The deadline for Monday 22 February edition is **Friday 5 February**

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Please send your listing in the body of an email, formatted as shown on these pages.

To increase your chance of inclusion, please keep to a maximum of 80 words.

Enrolling now!

To enrol, phone or visit any of our main centres

**10%
discount
offer**

For details of the discount offer
please visit our website or
contact any of our centres.

Centre addresses

Queens Road Learning Centre

97 Queens Road, Walthamstow E17 8QR
Tel: 020 8496 2974

Leytonstone Learning Link

23-25 North Birkbeck Road, Leytonstone E11 4JF
Tel: 020 8496 1061

Got a job?

Grab your employer's attention with a new qualification

The best way to get recognised by an employer is to show off new skills you can bring to their business. We offer you the chance to discover new ways of

doing your job. If you want to get a pay rise, change jobs or be recognised formally for what you are currently doing, we are the best place to start.

FREE Job Clubs

Want to get back to work? Our FREE Job Clubs will help you identify your skills and make an action plan to help you get the job you want. Sessions run throughout the year apart from during public holidays.

You will:

- Learn to use the Universal Jobmatch website
- Write or update your CV
- Complete accurate application forms
- Write an effective covering letter
- Prepare for a confident interview
- Develop your presentation skills

- Search for suitable vacancies
- Create an email account

You can just turn up at one of the sessions, or book at Queens Road Learning Centre or Leyton Neighbourhood Learning Centre. We also run FREE short job skills courses starting throughout the year. Contact any of our centres or email us for more information.

Leyton Neighbourhood Learning Centre

Wednesday, 1pm – 4pm (LNM7373-3S2)

Queens Road Learning Centre

Friday, 9.30am – 12.30pm (QRM7374-5S2)

FREE Jobskills Workshops

While the FREE Job Clubs are drop-in sessions, the FREE Jobskills Workshops are for those who want more intensive help with their employability skills. We can also link you up with local employment opportunities. It covers CV writing, applications, job searching, confidence and interview skills and is run over five consecutive weeks. Please contact us to book a place.

Course code	Day	Date	Times	Weeks	Venue
QRM7034-2SA	Tuesday	23/02/2016	9.30am – 3pm	5	QR
QRM7035-2SA	Tuesday	19/04/2016	9.30am – 3pm	5	QR
QRM7039-5SA	Friday	06/05/2016	1.30pm – 4pm	8	QR

aat

Approved

NEW for 2016 AAT Accounting and Book-keeping courses

New Year – New Career!

Why not improve your career prospects by enrolling on one of our accounting courses. Whether you're looking for your first role, changing career or chasing that promotion, an AAT qualification on your CV demonstrates to employers that you have the practical, real-world skills they need. The following courses are available:

- AAT Level 1 award in Accounting (Access)
- AAT Computerised Accounts (Sage) level 1 award
- AAT Book-keeping level 1 award
- AAT Book-keeping level 2 certificate
- AAT Certificate in Accounting level 2

To join a course, please come to one of our assessment and enrolment sessions on Friday afternoons between 1pm and 2pm at Queens Road Learning Centre on the following dates:

05/02/2016	15/04/2016
04/03/2016	29/04/2016
18/03/2016	13/05/2016

Please bring along a current photo ID.

Want to know more about any of our courses?

Come along to one of our information and assessment sessions and speak to our knowledgeable and friendly team about all of our courses and how they can help you achieve your ambitions. This is an opportunity for you to be assessed and interviewed for enrolment on to our courses if this is needed.

Queens Road Learning Centre

Tuesday 12 April 2016, 10am – 2pm

Wednesday 13 April 2016, 6pm – 8.30pm

Tuesday 12 July 2016, 10am – 3pm

Tuesday 12 July 2016, 5pm – 8pm

You do not need to book, you can just turn up on the day.

These information sessions are not for English, maths or ESOL courses.

Please contact any of our main centres for an appointment for these courses.

A 10% discount is available for most courses, when you attend one of our information and assessment sessions at which you book in person and pay in full. Visit our website for more information.

Funded by



Email: adult.learning@walthamforest.gov.uk

www.facebook.com/lbwfadultlearning

www.lbwfadultlearning.co.uk



Chingford

Sea Cadets offers thrilling experiences for young people aged ten to 18



Cadets are ship shape

- Sea Cadets can sail yachts, go on overseas adventures and even learn to fly helicopters!
- Waltham Forest Sea Cadets is also appealing for adult volunteers

Young people in search of adventure are being urged to find out more about becoming a Sea Cadet.

Sea Cadets is a national youth charity, offering life-changing nautical adventures based on the traditions of the Royal Navy. Young people can take part in accredited courses, which help build skills and confidence.

The Chingford-based Waltham Forest Sea Cadet Unit (48 Kings Road, E4 7HR) currently has 50 young members, male and female.

The unit meets every Tuesday and Thursday, between 7.15pm and 9.30pm. There are three groups; Junior Cadets for young people aged ten to 12, Sea Cadets for ages 12 to 18 and Royal Marine Cadets for ages 13 to 18.

Waltham Forest Sea Cadets' Commanding Officer, Lieutenant Commander Bevan Johns, told Waltham Forest News: "Sea Cadets is open to any young person aged ten to 18, and adult volunteers of any age.

"Being a cadet is not only for those who are interested in a career in the armed forces. Learning to sail will, of course, help those who wish to join the Royal Navy, but we also teach cadets to have respect for themselves, for others and for their belongings.

"These are all important skills that benefit cadets for the rest of their lives, whether that's at school or college, in work or simply by being community-minded. A lot of parents also like the sense of discipline that being a cadet can instil, as it can help young people focus on their education."

Sea Cadets can earn qualifications from the Royal Yachting Association, British Canoeing Club, British Sub Aqua Club, St John's Ambulance, and more. You can also work towards a BTEC qualification.

Cadets can experience exhilarating offshore challenges; including sailing yachts, manning tall ships and training on board modern power vessels. Those who

are interested in a career with the Royal Navy's Fleet Air Arm can even learn to fly helicopters and fixed-wing aircraft!

Bevan said: "Last year, one cadet went to Canada for a six week placement with the Royal Canadian Navy, another went to Bermuda to kayak and a third sailed around Gran Canaria on a tall ship. There are many adventures to be had.

"However, we realise that times are tough for many families, and can often help low income families with bursaries for overseas trips."

Lieutenant Commander Johns added: "I would like to hear from local people who would be interested in volunteering. Whether that is by helping with administration, fundraising for the unit or becoming a civilian or uniformed instructor.

"Everyone will have a skill, attribute or ability that they can pass on to our young people. But the best thing about volunteering is the chance to learn some new skills, for which we can offer

training."

No previous experience is needed, and there is no upper age limit for volunteers, as long as you remain fit and healthy.

"I have to admit," said Bevan, "that I never thought I'd find myself still involved with Sea Cadets at the age of 77! But I do it because I like spending time with kids – I think it helps keep you young.

"We're always open to new members, and if any young person is interested in finding out more, I'd encourage them to come along to a unit meeting and talk to the cadets.

"There's really nothing to lose. We aim to make sure that every cadet not only enjoys their time with the unit, but that they gain lifelong practical skills and have a sense of self-discipline and pride in what they can achieve."

More info

For more information, visit www.sea-cadets.org/walthamforest or phone 020 8529 4473.

In brief

ESOL reading group

Volunteers at South Chingford Community Library have started a new family reading group for residents whose first language is not English. The English for Speakers of Other Languages (ESOL) Family Reading Group will allow residents to spend quality time with their children, and improve their English at the same time. The group meets every Saturday, between 10.30am and 11.30am, at the library (265 Chingford Mount Road, E4 8LP). The sessions are free.

• For more information, phone 020 8529 3035 or email lingard.jo@gmail.com.

Chingford Village Festival

The ever-popular Chingford Village Festival will return for its 22nd consecutive year this June, and festival organiser Irene Bull is calling on residents to get involved in the fun. The festival will take place on and around The Green, at Chingford Assembly Hall, and at venues in Station Road on Saturday 11 June. The fun-packed day will include live music, children's entertainment, arts and crafts, performances by community groups, food and much more. Irene would like to hear from anyone who would be interested in running a stall, bands and choirs who would like to perform, and anyone interested in volunteering as a steward. She is also keen to hear from tribute bands with their own PA system who would like to perform in the evening, and any local groups or businesses that could sponsor the music stages.

• If you'd like to get involved, phone Irene Bull on 020 8559 4500 or email irenebull@hotmail.co.uk.

Disaster relief fundraiser

The Waltham Forest Antigua and Barbuda and Dominica Twinning Association will host a variety show and evening of dancing this March to raise money for its disaster relief fund. The event will take place at Chingford Assembly Hall (The Green, Station Road, E4 7EN) on Friday 11 March. Doors open at 7pm. The evening includes a host of entertainment from local and international artists, and everyone is welcome to attend. Tickets cost £15 and are available to buy now. All funds will be used to provide relief to the devastation caused by Tropical Storm Erika, which struck Dominica in August 2015.

• For more information, phone Merv Caesar-John on 07732 332 814 or email wftwinningassociation@gmail.com.

Bringing art to the borough

- Arts groups win funding to launch projects across Waltham Forest
- Council commissions will encourage communities to get creative

Exciting new arts projects are going to be rolled out in Chingford, Leyton and Leytonstone after two innovative arts organisations were awarded commissions by Waltham Forest Council.

Studio3Arts and Wood Street Walls have secured Neighbourhood Arts Commissions, which will enable them to give residents across the borough a chance to explore their artistic sides through interactive projects.

Wood Street Walls will work with local artists in Chingford and Highams Park to develop a programme of activities that can be enjoyed by the whole community, while Studio3Arts will carry out a similar programme in Leyton and Leytonstone. Each Council commission is for two years and worth £10,000 per year.

Studio3Arts, a charity with a vision “to make outstanding art

that is accessible, exciting and transformative”, is preparing to conduct an arts-based audit – asking questions such as ‘who is creative in this place?’ and ‘how is creativity defined here?’.

“Arts and culture are at the heart of work to make Waltham Forest an even better place to live.”

The organisation hopes that its questions will challenge the existing notion of who is an artist and who makes art – looking at creative professionals like bakers, nail technicians, gardeners and hairdressers as artists.

Community engagement will take the form of panel discussions, workshops and pop-up events in public spaces – and Studio3Arts aims to offer training and development for local groups and individuals to further their creative skills.



Wood Street Walls will develop a programme of community activities in Chingford, while Studio3Arts will carry out a similar programme in Leyton and Leytonstone

Liza Vallance, Artistic Director at Studio3Arts said: “We’re really excited to start our work in Leyton and Leytonstone. Over the next two years we’ll be undertaking a ‘creativity audit’ – finding out where,

walls at an agreed location, on which members of the public and artists can paint.

The organisation plans to provide a rich arts programme involving local arts and dance groups while also offering residents the opportunity to try their hand at a wide range of activities.

By running arts workshops and engaging local businesses interested in reaching new audiences through art, Wood Street Walls wants to help establish Chingford as an area of growth and vibrancy.

Mark Clack, co-founder of Wood Street Walls, said: “Over the next two years we will be working with local community groups and residents to erect more public art across Chingford. We’re already working with a number of groups but there are lots of opportunities for others to get involved so we’d welcome people to get in touch.

“As well as public art we will be

hosting varied workshops which we hope will reach a cross section of demographics and achieve our goal of making art accessible for all.”

Council Leader, Chris Robbins, told Waltham Forest News: “Arts and culture are at the heart of the work we are doing now and in the future to make Waltham Forest an even better place to live.

“As a Council we believe these are not just things that are nice to have, but are essential for bringing our communities together, raising aspirations and helping put our thriving arts and culture sector firmly on the map.”

More info

For more information, visit www.walthamforest.gov.uk/arts. Find out about Wood Street Walls at www.woodstreetwalls.co.uk and learn more about Studio3Arts at www.studio3arts.org.uk.

In brief

Leyton Jubilee Park survey

If you’re a resident, love using Leyton Jubilee Park, and have ideas about what could make it even better, Waltham Forest Council wants to hear from you. Local people are being asked to help improve the park by taking part in a short online survey. You can tell us what you like about the park, why you visit it and what can be done to improve it further. A drop-in consultation event will also take place on Wednesday 27 January between 3pm and 8pm, at the

Park Pavilion (Seymour Road, E10 7BL). Come along, speak to members of the dedicated team that looks after the park and let us know your ideas. The results of the survey and consultation event will be used to help form a new Park Management Plan for Leyton Jubilee Park.

• To take the survey, visit www.walthamforest.gov.uk/ljpconsultation. Free internet access is available at all Waltham Forest Libraries.

Talking about Walthamstow

Residents are being asked to have their say on future developments in Walthamstow town centre. With key sites such as The Scene helping to transform the area, the Council is keen to understand what other new developments residents would welcome. The Town Centre Area Action Plan (AAP) outlines the prospect of more change to come. Soundings, a team of engagement specialists, are making sure that residents are fully aware of the plans,

and have the opportunity to give their views. They are holding a series of pop-up events, exhibitions and walk and talk events in January. Exhibitions will be held at Walthamstow Library (High Street, E17 7JN) on Tuesday 26 and Wednesday 27 January and at The Mill (7-11 Coppermill Lane, E17 7HA) on Saturday 30 January. A walk and talk starts from The Mill at 2pm on Saturday 30 January.

• For more information, visit www.shapingwalthamforest.co.uk.



Have your say about Walthamstow town centre

Could you help a child in need?

- More foster carers are needed to help change young lives
- Incentives for fostering include up to 60 per cent off council tax



Mo, a 20-year-old care leaver who was looked after in Waltham Forest, is encouraging residents to think about fostering a child in desperate need of a loving home

“Anyone can do it. Anyone can put themselves forward. Don’t hold back, put yourself forward, go for it. You’ll be surprised.”

That’s according to Pauline, a Waltham Forest foster carer. She – along with other selfless carers – is urging anyone who thinks they could help make a life-changing difference to a young person, to find out about fostering.

Recent figures published by The Fostering Network revealed 9,070 fostering families are needed across the UK in 2016, to give loving homes and supportive family environments to children. That need is certainly felt here in Waltham Forest, where the Council is trying to find 33 new foster carers this year alone to help look after the young people who could benefit from a happy home.

As reward for making an immeasurable difference to the life of a vulnerable young person, Waltham Forest foster carers are given up to 60 per cent off their council tax bill, discounted access to the borough’s six leisure centres and 24/7 support.

Foster carers also receive a fee and allowance for the child of up to £445 per week and access to a lifestyle hub which provides a variety of discounts off major brands and retailers, money off cinema tickets and concessions at major attractions, venues and places of interest.

As well as being given 24/7

recognised, to have money towards your council tax – it’s a big incentive. The skills payment is really good because we’re now being appreciated for the work we do as foster carers in the borough.”

Sajida, who also praised the foster care support she receives from the Council, said she was very happy fostering in Waltham Forest,

do her job because of the money – she did it because she loved it. She was a good foster mum – she basically saved me. To do this job you have to have a lot of patience, you have to do it because you want to do it.”

Mo, a 20-year-old care leaver who was looked after in Waltham Forest, added: “Don’t look at it as a chore, look at it as having a new person by your side – a new family member. Someone you can help to grow up to become a strong, independent person – so just take care of that person as you would your own kids.”

Cllr Mark Rusling, Cabinet Member for Children and Young People, told Waltham Forest News: “We’re looking for carers from every walk of life. Age, marital status, ethnic background and sexuality are not barriers to fostering, so do get in touch to find out more.”

More info

Learn more by visiting www.fosteringwalthamforest.co.uk where you can also watch short films about fostering.

“If you’ve got room in your heart and room in your home, then go for it. Change someone’s life.”

dedicated social worker support so they always have someone to turn to should they ever need professional help, they also receive a range of training opportunities.

Pam, who has been a Waltham Forest foster carer for 41 years, said that fostering enabled her to provide children with a family environment in which they could flourish, while also giving her the feeling that she had given something back to the community.

She added: “It’s nice to be

and would not change a thing. The foster carer of 11 years told Waltham Forest News: “If you’ve got room in your heart and room in your home, then please go for it. It’s a really amazing thing to do, to change someone’s life.”

Ann Lucy, now aged 20, went into foster care when she was 14. Although initially scared and upset, Ann said her foster carer made her feel like part of the family straight away. Ann said: “She taught me to be a better person. She didn’t

In brief



Gwyn Jones Primary won the mini hockey tournament

Mini hockey

More than 300 children representing 41 primary schools from across the borough took part in a mini hockey tournament on Tuesday 12 January. Organised by Waltham Forest Hockey Club, the event was held at Lee Valley Hockey and Tennis Centre. The day included a morning of coaching, followed by a round robin tournament in the afternoon. The event was run by volunteers from local hockey clubs, many of whom took a day’s holiday from work, as well as Young Leaders from Rushcroft School who wanted to help coach the younger players. Gwyn Jones Primary ran out as eventual winners, beating Thorpe Hall Primary 8-2 in the final. Barclay Primary School beat Riverley Primary School 3-2 to claim bronze. The team from Gwyn Jones will now represent Waltham Forest in the London School Games, which take place at Crystal Palace in March. Waltham Forest Hockey Club offers hockey coaching to children and adults of all abilities, including a beginner’s course in summer.

• For more information, visit www.walthamforesthc.co.uk.



Residents are being asked to give their views on living in Waltham Forest

Living Together survey

Are you proud to call Waltham Forest home? We’re asking residents across the borough for their views about where you live, to help us to find out more about what we can do to create and support strong and happy communities. The online survey takes just a few minutes to complete, and everyone who completes it will be in with the chance to win £50 worth of shopping vouchers. Make sure you respond before the consultation closes on Friday 5 February.

• You can complete the survey online, before it closes on Friday 5 February, by visiting www.walthamforest.gov.uk/livingtogether. Free internet access is available at Waltham Forest Libraries.

Do you want to develop Sport?

WE WANT YOU!

Do you run a sports club?

Are you a qualified sports coach?

Do you know a talented sports person?

Are you interested in Volunteering?



If so we want to hear from you to share opportunities in Waltham Forest

<https://www.surveymonkey.co.uk/r/ZZWV3CX>

sports.dev@walthamforest.gov.uk

020 8496 3690



Planning

London Borough of Waltham Forest Notice of Application for Planning Permission Town and Country Planning (General Development Procedure) (England) Order 2010

Notice under Article 13

Notice is Hereby Given that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL. NO 153507

APPLICANT Mr Collen Mudimu

ADDRESS Mandora Site, 3,5,7
Blackhorse Lane, Walthamstow, London,
E17 6DS

PROPOSAL An application for a minor material amendment following a grant of Planning Permission 2013/0554. Increase in total number of residential units from 484 to 507. Provision of energy cuts, reduction in commercial space from 306sqm to 286sqm, relocation of car park and associated works.

The application is available to view on the following website:

<http://planning.walthamforest.gov.uk>

Any views you would like to make for the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, are open to the public.

Dated this day 25th January 2016

**David Scourfield, Head of Development
Management and Building Control
London Borough of Waltham Forest**

Highways

LONDON BOROUGH OF WALTHAM FOREST

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

THE WALTHAM FOREST (HOE STREET/ WOOD STREET/SHERNHALL STREET/ CHURCH HILL AREAS) (VARIOUS TEMPORARY MEASURES) (NO. 1) ORDER 2016 (TT1(16))

1. The Council of the London Borough of Waltham Forest **HEREBY GIVES NOTICE** that it intends to make an Order to initiate cycle and pedestrian friendly highway improvements in a safe and efficient manner, within roads situated between Hoe Street (east) and Wood Street (west).

2. The general effect of the Order would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) from:-
(a) entering, proceeding, waiting or loading,

for any purpose, at any time, in the roads or sections of roads mentioned in Schedule 1 to this notice;

(b) waiting or loading, for any purpose, at any time, in the roads or sections of roads mentioned in Schedule 2 to this notice;

(c) entering **Aubrey Road E17** where entry to that road is prohibited by a no-entry sign plate situated in line with the southernmost boundary of No. 73 Howard Road.

3. Whilst this Order continues in operation and only when regulatory signs are in place the one-way traffic operation to vehicles in the roads or sections of roads mentioned in Schedule 3 to this notice are hereby temporarily suspended.

4. Whilst this Order continues in operation and only when regulatory signs are in place the no-entry prohibition to vehicles in **Milton Road E17** – at its junction with Byron Road; **Aubrey Road E17** – at its junctions with the northern and southern kerb-lines of Milton Road; and **Roland Road E17** – at its junction with Oliver Road are hereby temporarily suspended;

5. Whilst this Order continues in operation and only when regulatory signs are in place no person shall enter or proceed, for any purpose, at any time, in any sections of **Vinegar Alley E17, Back Road E17** and **Church Hill E17** (pathway between the southern extremity of Church Hill E17 (carriageway) and Church End – signed as Church End).

6. Vehicular or pedestrian access to properties affected by these temporary measures will be maintained wherever possible, subject to the extent and operation of the closures.

7. Vehicles waiting or loading in disregard of this Order would be removed.

8. Whilst the prohibitions referred to in paragraphs 2 and 5 above remain in force, advance warning signage and alternative routes for pedestrians and traffic shall be in place.

9. The Order would come into operation on **8th February 2016** and will be valid for 18 months, or until the said works are completed, whichever is the sooner.

*Note: *These works would not be carried out simultaneously in all roads or sections of roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.*

Dated 25th January 2016

**Mr K Valavan, Head of Highways
and Infrastructure, Neighbourhoods
and Commissioning, Low Hall, Argall
Avenue, London, E10 7AS**

Schedule 1

- **Aubrey Road E17** – between its junction with Church Hill and Nos. 16 and 17 Aubrey Road
- **Barrett Road E17** – the north to south arm
- **Church Hill Road E17** – between its junction with Church Hill and the north-easternmost boundary of No. 117 Church Hill;
- **Greville Road E17** – between its junction with Shernhall Street and a point 30 metres north of that said junction;
- **Havant Road E17** – between its junctions with Wood Street and Shernhall Street;

- **Roland Road E17** – all
- **St Mary Road E17** – between Stainforth Road and West Avenue Road
- between the junction and a distance of 30 metres **within any road adjoining the south-east and eastern sides of Hoe Street E17 (all adjoining roads between and including Aubrey Road and Church Hill)**;
- between the junction and a distance of 30 metres **within any road adjoining Church Hill E17 (all adjoining roads between and including Stainforth Road and The Drive E17)**;
- **Shernhall Street E17** – between The Drive and Eastern Road and **for a distance of 30 metres within any road adjoining Shernhall Street E17** (between The Drive and Eastern Road);
- **Wood Street E17** – all

Schedule 2

- **Howard Road E17** – between its junction with Seaford Road and the common boundary of Nos. 65 and 67 Howard Road;
- **Prospect Hill E17** – between its junction with Church Hill and common boundary of Nos. 115 Church Hill and No.1 Prospect Hill.

Schedule 3

- **Aubrey Road E17** – all;
- **Byron Road E17** – all
- **Havant Road E17** – all
- **Milton Road E17** – all;
- **Roland Road E17** – all;
- **Richards Place E17** – all
- **St Mary Road E17** – between Stainforth Road and West Avenue Road
- **Tower Hamlets Road E17** – all

Waltham Forest News advertising

Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective

For further information on the different advertising opportunities available please call 020 8496 3000 (press option 6) or email: advertisingwfn@walthamforest.gov.uk

SECOND TIME AROUND

a NIFTY PLACE FOR BARGAIN BUYS

Don't miss out on limited January offers

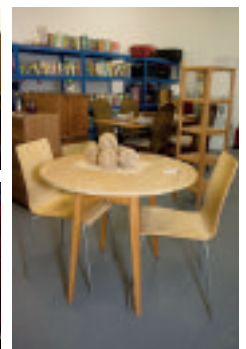
The reuse shop for savvy shoppers selling a wide range of pre-loved items from furniture to crockery

Find us at Kings Road
Reuse and Recycling Centre,
48 Kings Road, Chingford E4 7HR

Open Wednesday – Saturday

9am – 4.30pm

Telephone: 020 8524 2567



For more information visit
wiseuptowaste.org.uk/secondtimearound

@WiseUpToWaste

WiseUpToWaste

LondonWaste Ltd

**WISE UP
TO WASTE**
north London waste authority

OPEN DAY



SATURDAY 6TH FEBRUARY 2016

9.30AM-1.00PM

(LAST ADMISSION 12.30PM)



**THINKING OF APPLYING TO SIR SIR GEORGE MONOUX SIXTH FORM COLLEGE?
DON'T MISS THE OPPORTUNITY TO LOOK AROUND!**

Sir George Monoux Sixth Form College, Chingford Road, Walthamstow E17 5AA

• Tel: 020 8523 3544 ext 3400 • E-mail: info@sgmc.ac.uk • Web: www.sgmc.ac.uk

www.facebook.com/MonouxCollege

[@MonouxCollege](https://twitter.com/MonouxCollege)

[@MonouxCollege](https://www.instagram.com/MonouxCollege)

www.youtube.com/SirGeorgeMonoux

ADULTS AND OLDER PEOPLE

There are a wide range of support services for adults and older people to help you stay healthy, fit and well.

ARE YOU A SMOKER AND LOOKING TO QUIT?

Make 2016 the year you quit smoking – It is never too late to quit, and you will start feeling the benefits almost straight away. As well as the health benefits, you will feel fitter, breathe easier, and even have more spare cash to spend on other things!

Smokefree Waltham Forest offers free support to help you quit – you are four times more likely to quit with support, so call Freephone **0800 032 0102** today to arrange an appointment.



STRESSED AND ANXIOUS?

We have local services you can talk to about your worries. Please contact us, it is good to talk.

Visit wftalkingtherapies.co.uk, or call **0300 555 1271** (Mon–Thurs 8am to 8pm; Fri 8am to 5pm)

You can also talk to your GP, or to the local branch of the Samaritans (call **020 8520 9191** or visit **663 Lea Bridge Road, E10 6AL**)

LOOKING TO REDUCE YOUR DRINKING?

Many people don't realise they are drinking above recommended levels. Cutting back on alcohol can help you save money, lose weight, and feel better.

Search Change 4 Life to find out more about how you can keep an eye on your drinking levels.

TOP TIP

Try and make sure you have at least two alcohol free days every week

DO YOU OR SOMEONE YOU KNOW HAVE A PROBLEM WITH DRUGS OR ALCOHOL?

If you're living with an addiction and want confidential advice and support, or if you know someone who needs help but aren't sure what to do, call Lifeline for free **020 3826 9600**, or drop in at **1 Beulah Road, E17 9LG**.

HIT WITH A WINTER COLD OR FLU?

Antibiotics will not help treat many cold or flu-like illnesses in most cases.

Top tips for treating a cold or flu:

Drink plenty of fluids to keep well hydrated.

Take paracetamol or ibuprofen to reduce fevers or aches and pains.

Get plenty of rest.

See GP if symptoms don't improve in a week.

Get protected by having the flu jab every year. Talk to your GP.



ARE YOU STRUGGLING TO HEAT YOUR HOME OR PAY YOUR ENERGY BILLS THIS WINTER?

Local charity HEET offers free advice and support sessions in your home to help you stay warm and save money. You may even be eligible for free energy saving fittings and discounts on your fuel bills!

If you own or rent your home and you receive benefits or are aged 60 or over, call **020 8520 1900** or visit www.theheetproject.org.uk

WORRIED ABOUT FALLING OVER?

Contact the Council's Falls Prevention Service if you have had a fall, have a fear of falling or poor balance/mobility, to get specialised assessment and support.

Tel: **0300 300 1558** or Email: nem-tr.wffallsteam@nhs.net

WALTHAM FOREST... HELPING YOU STAY HEALTHY AND ACTIVE, EVERYDAY

EXERCISE AND HEALTHY EATING

Do you or your family want to lose weight? January is a great time to make little changes to eat more healthily and exercise more, whatever your weight. Families are likely to do better if everyone makes these changes together!

EATING HEALTHILY!

A good diet is important for everyone; try to eat a variety of different foods, including lots of fruit and vegetables. Google “nhs eatwell plate” for more information.

CUTTING OUT SUGAR!

Most people probably eat a lot more sugar than they realise! To help with this, download the free “sugar smart” app on your phone. Or go to **www.nhs.uk** for more information.

GETTING ACTIVE!

Building exercise into your day helps to keep your weight in check, your heart healthy, lift your mood, and reduce stress levels and your risk of serious illness.

Here are some of the ways the Council is helping you lead happy and active lives:

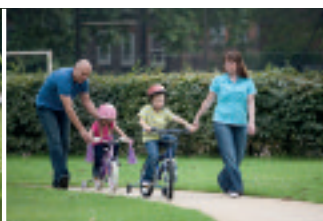
- **The borough's leisure centres are looking better than ever** and offer a wide range of activities and facilities for users. In Autumn 2016 the brand new Waltham Forest Leisure Centre is scheduled to open, with state-of-the-art sport, health and fitness facilities.
- **16-25s get fit for free.** If you're aged 16-25 and exercise less than twice a week, we can help you to get back in shape. Enjoy a variety of activities for free at your local leisure centres for the first six weeks, and then at a reduced rate of £2 per selected session for four weeks.
- **Back in the Game** consists of activity courses for 19-25 year olds. It offers eight different sports (including tennis, netball, Judo, and boxing), aimed at beginners. Sessions are completely free, with no need to book your place, just turn up to the session.
- **Our Parks** offers free fitness classes in 15 different locations across Waltham Forest. All levels of fitness are welcome. Classes include Box Fit, Dance Fit, Pilates, Social Sport, Yoga and more. Register at **www.ourparks.org.uk**
- **Free swimming for under 18s, over 60s and those with a disability** is available at any time in all borough leisure centres with a pool.

For more information on all the above, go to **www.walthamforest.gov.uk** and search “get involved in sport”.

There are also free **local services to help you reach a healthy weight**

- **Go For It** is a 10-week healthy lifestyle programme for children aged seven –12 and their families.
- **Teen Why Weight** is a four-week weight management programme for teenagers.
- **Why Weight** is a six-week weight management programme for adults.

Phone **020 8430 8090** to book a space or find out more.



WALTHAM FOREST... HELPING YOU STAY HEALTHY AND ACTIVE, EVERYDAY